

# ACID

## Palm Springs Life Extension Institute

# ALKALINE

### ACID / ALKALINE CHART

The body seems to perform best on a diet high in alkaline-forming foods.

A diet which contains 70%-80% alkaline-forming foods is ideal for abundant health.

If your pH is normal, use this chart as a guide in food selection. If you pH is either too ACID or too ALKALINE, you may want to use this chart to help balance your system.

#### *Acid Foods* (add to diet if your pH was ALKALINE)

##### HIGH STARCH ACID FOODS

Cooked Corn  
Dried Beans  
Peas (alone)  
Winter Squash  
(Hubbard, Acorn,  
Butternut)  
Brown Rice  
Barley  
Oats  
Rye

##### ACID NUTS

Cashews  
Walnuts  
Filberts  
Peanuts  
Pecans  
Macadamia

##### HIGH PROTEIN ACID FOODS

Fish, Seafood  
All Meat  
Poultry  
Eggs  
Rabbit, Game  
Dried Beans/Peas  
and  
Grains  
Nuts  
Seeds  
Lentils

##### ACID OILS

Nut Oils  
Butter  
Cream

Brown Sugar  
White Sugar  
Milk Sugar  
Cane Syrup  
Malt Syrup  
Maple Syrup  
Molasses

##### ACID SUGARS

Pumpkin  
Sesame  
Sunflower  
Chia  
Flax

##### ACID SEEDS

##### ACID FRUITS

Cranberries  
Pomegranates  
Strawberries  
Sour Fruits

#### *Alkaline Foods* (add to diet if your pH is ACID)

##### ALKALINE FRUITS

Apples  
Bananas  
Dates  
Grapes  
Cherries  
Peaches  
Pears  
Plums  
Papayas  
Mangoes  
Pineapple  
Raspberries

##### ALKALINE GRAINS

Millet  
Buckwheat  
Corn  
Sprouted Grains

##### ALKALINE BEANS & PEAS

Soybeans  
Limas  
Sprouted Beans

##### ALKALINE OILS

Olive Oil  
Soy Oil  
Sesame Oil  
Sunflower Oil  
Corn Oil  
Safflower Oil  
Cottonseed Oil  
Margarine

##### ALKALINE FRUITS

Blackberries  
Huckleberries  
Elderberries  
Boysenberries  
Persimmons  
Apricots  
Olives  
Coconuts  
Figs  
Raisins  
Melons

##### ALKALINE NUTS

Almonds  
Brazil Nuts

All vegetables are alkaline (includes  
starchy vegetables like potatoes,  
squash and parsnips.)

Honey  
Non-fat milk  
All sprouted seeds